

Instant Pot Jambalaya

Spicy chicken sausage is the star of in this easy recipe for Instant Pot Jambalaya that is made in less than 30 minutes from start to finish.

4.59 from 17 votes

Course: Main Course Cuisine: American Keyword: Instant Pot Jambalaya Prep Time: 5 minutes
Cook Time: 3 minutes Pressure Time: 15 minutes Total Time: 8 minutes Servings: 6 Calories: 295
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Ingredients

- 1 12 ounce package al fresco Smoked Andouille chicken sausage sliced
- 1 teaspoon olive oil
- 1 small onion diced
- 1 red pepper diced
- 1 teaspoon minced garlic
- 2 cups chicken stock
- 1 tablespoon Cajun Seasoning
- 1 15 ounce can diced tomatoes low sodium
- 1 1/2 cups white rice rinsed well
- 2 teaspoons Worcestershire Sauce
- 1 teaspoon hot sauce

Instructions

1. Turn Instant Pot to saute mode on high and allow to heat up.
2. Once heated, add in oil, onions, and peppers and saute for 2-3 minutes until just beginning to soften up.
3. Add in chicken stock and scrape up any browned bits of on bottom of inner pot.
4. Add in garlic, Cajun seasoning, sausage, and stir. Add in tomatoes, and gently stir. Add in rice and gently push down with back of spoon to submerge rice into liquid. DO NOT STIR RICE! Put lid on Instant Pot.
5. Cancel saute function and set to high pressure on manual (or pressure cook function) and set timer for 3 minutes.
6. Let pressure release naturally and then stir in Worcestershire Sauce and hot sauce.

Notes

- Be sure to **RINSE your rice**, as this will help it not stick to pressure cooker.

Nutrition Facts

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Amount Per Serving

Calories 295 Calories from Fat 54

% Daily Value*

Fat 6g	9%
Saturated Fat 1g	6%
Cholesterol 1mg	0%
Sodium 115mg	5%
Potassium 207mg	6%
Carbohydrates 42g	14%
Fiber 1g	4%
Sugar 2g	2%
Protein 14g	28%
Vitamin A 1195IU	24%
Vitamin C 27mg	33%
Calcium 20mg	2%
Iron 0.9mg	5%

* Percent Daily Values are based on a 2000 calorie diet.



I would love to know how you enjoy this recipe!

Snap a picture and tag [#amindfullmom](#) on Instagram or Facebook - I would love to see!

Instant Pot Jambalaya <https://amindfullmom.com/instant-pot-jambalaya/> April 30, 2018